

Needham Youth Services

Loss Workshop Evaluation Compilation

370 Evaluations completed

Disagree-----Agree 1 2 3 4 5	Average
I will use the ideas I learned today in the future	4.0
The group leader was sensitive to the issues discussed	4.6
I felt comfortable sharing my thoughts/opinions	3.9
I would recommend this program to others	4.0
I feel this program is valuable for me/my classmates	4.1

My favorite part of the workshop was:	# responses
Videos	170
Agree/Disagree activity	192
Bag exercise	154
Brainstorming healthy/unhealthy ways to handle Loss	82
Reviewing common reactions to Loss/Stages of Grief	81
Brainstorming kinds of Loss and feelings associated with Loss	61
Reviewing getting support and supporting others	51
Making personal plan	42
Comments:	
Knowing these signs/stages will make it easier to see loss problems	1
These were the best to learn how to actually deal with your own loss and that of others	1
Your stories and opinions	1
The videos were excellent because they connected exactly to what we were discussing / were very effective	2

My least favorite part of the workshop was:	# responses
Brainstorming kinds of Loss and feelings associated with Loss	72
Agree/Disagree activity	65
Reviewing common reactions to Loss/Stages of Grief	56
Making personal plan	53
Bag exercise	52
Brainstorming healthy/unhealthy ways to handle Loss	49
Reviewing getting support and supporting others	40
Videos	9

Something I learned or realized about Loss during the workshop was:

Comments:	Number of responses:
There are many different ways to react with loss / People grieve in different ways	72
There are many types of loss / Loss is more than death	37
People are going through a lot of different losses / Everyone deals with loss	32
Ways to cope / Help myself	31
The stages of grief/ That there is more than one stage of loss	30
How / Best ways to help others / What to say	17
How important help is and what help there is / There are a lot of options out there for help	9
I'm not alone / Other people experience similar things	9
Boys and girls may deal with depression differently	6
It is good to get help from/talk to others	4
There is no right or wrong way to deal with loss	4
It is rather easy to support/make a friend feel better	4
I can talk to my peers to help me	3
Healthy and unhealthy ways to cope with loss	3
How I respond to loss / How I grieve	3
People need different things	2
It's okay not to know what to do when a friend is going through a rough time, just be there for them / You don't have to have the perfect response when someone tells you about their loss, you can be honest and try to support them / You can help in some little way	2
You may revisit your difficulties a few years after your loss happened	2
Felt like there is support no matter the problem / There is always someone to help	2
How healthy I deal with situations /I have good coping methods	2
That there are lots of healthy ways to deal with loss	2
You should talk to people	2
I deal with loss in some of the unhealthy ways	2
To get help if needed	2
To accept	1
Basically everyone wants people to help them. Except me.	1
To express my feelings	1
People can be depressed but not look like they are	1
I have a lot of these feelings	1
It's okay to not feel sad at first	1
Unhealthy behaviors can be more common	1
Pushing away is not the best thing	1
Feelings are okay	1
Everybody wants to help	1
It is unhealthy to ignore it	1
Unhealthy things you should avoid	1
Grief is confusing	1
It's ok to take time in the grieving process	1
People may be going through loss and I am not aware of it	1
The way to help depends on the person and the loss	1
Sometimes you have to leave someone alone	1
Being able to accept loss takes time	1
I need to think about the way I react	1
How I deal with loss is similar to others	1

Feedback for the leader:

Comments:	Number of responses:
Good/Great job	36
It was a good lesson/class/workshop	8
Give more stories/personal experiences	4
Have more videos, they are helpful	3
More activities	2
Have more activities like agree/disagree	2
It was helpful	2
I learned a lot	2
It was a great program	2
I liked this discussion	2
Have more small group activities	2
I really enjoyed this workshop	2
More fun games	1
It was good and informative	1
She did a good job not getting too depressing	1
I liked the energy	1
Make sure people know it's okay not to feel	1
It was fun	1
She did well at presenting the topic	1
Good presentation, explained terms and concepts clearly	1
It was very effective. I could relate to many things being discussed.	1
She was energetic!	1
Could focus more on self-harm/suicide	1
Fun teacher	1
Good energy	1
Great job being sensitive about the topic	1
I thought the lesson was fun, interactive and not too intense and it can be taught to anyone	1
I really enjoyed you as a speaker and I thought it was a great workshop	1
You did a really good job connecting with us	1
I like how you made a not so enjoyable topic fun	1
Have more moving around activities	1
Really enjoyed her pace, good advice, good attitude	1